



News Advisory

FOR IMMEDIATE RELEASE

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Public Safety Warning

High Tides During the Thanksgiving Holiday Expected along the California Coast

High tides along the California coastline during the Thanksgiving weekend could cause problems in areas that are prone to coastal flooding. With the high tides reaching between 6.9 to 7.1 feet during the mornings of Saturday, November 24th and Sunday, November 25th, visitors to some state beaches may find there is little to no beach left. If these high tides combine with a winter swell, the high tides may create dangerous coastal conditions due to surging water that can wash over rocks and beaches great distances and take visitors by surprise.

"Park visitors enjoying their Thanksgiving holiday at a coastal state park or beach may not be aware of these forecasted high tides," said Alex Peabody, Aquatic Safety Specialist with the State Parks Public Safety Division.

"There are a number of factors coming together that may make this high tide period dangerous for the public," says Peabody:

- 1.) High tides in the mornings may create dangerous coastal conditions in areas that are prone to coastal flooding.
- 2.) Inversely, low tides during the day combined with the surf will increase the danger from rip currents along the beaches.

Peabody cautions visitors to avoid exposed areas close to the surf line. These areas can seem safe from most breaking waves and high tides, but the pattern of breaking waves produces a periodic sequence of large, very strong surges that can wash over rocks and beaches great distances and take visitors by surprise. This is type of danger from the surging waves will be most likely during the high tide in the morning hours. Watch from a distance, not up close!

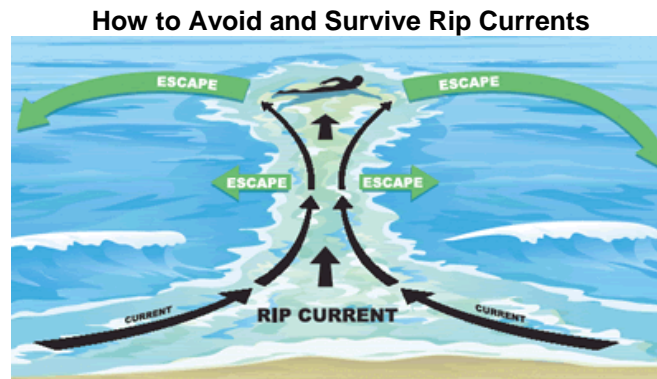
"Exercise safety and good judgment during this high tide period, swimming, wading and water sports may be dangerous for the inexperienced. Strong rip currents are forecasted

during to be strongest during the outgoing tides. Please check your local state park office or NOAA Weather Service for the updated information, local conditions and area tides.” said Peabody.

“Be preventative, be safe, and enjoy your Thanksgiving,” he said.

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The following information is provided courtesy of the United States Lifesaving Association, in partnership with [NOAA's National Weather Service](#):



Learn how to swim!

- Never swim alone.
- Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out!
- Whenever possible, swim at a lifeguard protected beach.
- Obey all instructions and orders from lifeguards.
- If caught in a rip current, remain calm to conserve energy and think clearly.
- Don't fight the current. Swim out of the current in a direction following the shoreline. When out of the current, swim towards shore.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself: face the shore, wave your arms, and yell for help.
- If you see someone in trouble, get help from a lifeguard. If a lifeguard is not available, have someone call 9-1-1. Throw the rip current victim something that floats and yell instructions on how to escape. Remember, many people drown while trying to save someone else from a rip current.

For more information on rip currents go to: www.usla.org/ripcurrents